

**THE EHS**  
**COURSE**

A stylized icon of a hard hat, rendered in shades of blue and teal, positioned to the right of the text. The hard hat has a light blue top and a dark blue body with a horizontal line across the middle.

# THE EHS COURSE



## **Are you ready to go beneath the surface and transform your life?**

The EHS Course, with Emotionally Healthy Spirituality Day by Day, will take you on a powerful 8-week journey of transformation that will equip you with tools to develop a deep interior life with Christ.

“**CHANGE PEOPLE.  
CHANGE THE WORLD.**”